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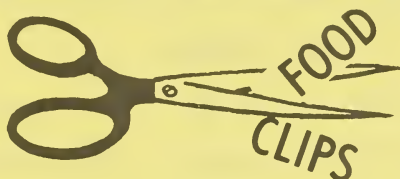
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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Marinading meat? To reduce the amount of marinade required, use a container --not aluminum (as the acid may pit it) only slightly larger than the meat. Or -- encase the meat with marinade in a plastic freezer-type bag. Turn the meat several times.

* *

When the large rib eye muscle of pork is removed and cured and smoked -- it is called "Canadian Style bacon."

* *

Yes, you can fry poultry without a coating if pieces are thoroughly dried. However, coatings give a crisp surface and help to retain moisture in the meat according to home economists at the U.S. Department of Agriculture.

* *

One of the most asked questions concerning hard-cooked eggs is whether or not the green discoloration that sometimes appears between the white and the yolk of hardcooked eggs is harmless. It is harmless; a result of a chemical reaction between the sulphur in the white and the iron in the yolk.

FOOD ENRICHMENT

— and Fortification

A larger variety of foods are now being enriched and fortified according to a study by the Consumer and Food Economics Institute of the U.S. Department of Agriculture.

Due partly to the trend in fortifying beverages there was an increase of two and a half times the use of ascorbic acid foods from 1967 to 1970 according to the survey. Use of Vitamin A in milk of all types nearly doubled. The use of Vitamin B6 and B12 in cereals more than doubled over a five-year period ending in 1970.

Enrichment and fortification increased the estimated thiamin in the 1970 food supply by 40 percent; iron by 25; niacin, 20; riboflavin, 15; vitamin A, 10; ascorbic acid, 10; vitamin B6 by 4; and vitamin B12 by 2 percent.

SHOW 'N' TELL

— Fat Content in Beef

Are you wondering how much fat is really in that ground beef you bought in the supermarket? There's an easy way to check it out now -- with or without the film wrap as it comes from the supermarket. A simple hand instrument now allows supermarkets to consistently sell ground beef based upon fat content -- and show you how it is determined. The new instrument is the ground meat analyzer.

The ground meat analyzer, using principles developed by the U.S. Department of Agriculture, instantly determines the fat content of the ground beef to the same accuracy as the analytical laboratory. It operates just by placing the ground meat on a glass window -- much like a scale operates. The meter readings show the fat tester to be within a standard error of one percent.

The analyzer, a result of developments by USDA's Agricultural Research Service, represents one of a series of a major technological development in non-destructive methods of determining the quality of foods. It uses the principle that fat in ground meat absorbs non-visible light in the near infrared portion of the spectrum; the more fat in the meat, the more light "captured" by the meat. This is implemented in the analyzer by shining low intensity light on a meat sample and measuring the fraction of light that is reflected at specific fat absorption wave lengths. The electronics of the instrument converts the reflected fraction and instantly displays the percent fat on a meter.

The instrument performs two primary functions: (1) It allows the consumer to get true value for the dollar spent on ground meat products and (2) It allows the supermarket to fully satisfy legal requirements on fat content as well as increase their profitability. The first commercial version of the fat tester was demonstrated in June but there is continuing research with the instrument. Later details on the project will be available in December.

COST OF FOOD AT HOME FOR A WEEK (SEPTEMBER)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$23.90	\$30.70	\$37.50
Elderly couple.....	19.60	25.80	30.80
Family of 4 with preschool children.....	34.60	44.30	53.80
Family of 4 with elementary school children.....	40.00	51.70	63.30
Individuals*			
Women			
20-34 years.....	10.10	13.00	15.60
35-54 years.....	9.70	12.60	15.10
55 years and over.....	8.20	10.90	12.90
Men			
20-34 years.....	11.60	14.90	18.50
35-54 years.....	10.80	13.90	16.90
55 years and over.....	9.60	12.60	15.10
Children			
1-2 years.....	5.90	7.40	8.90
3-5 years.....	7.00	9.00	10.80
6-8 years.....	8.50	10.90	13.70
9-11 years.....	9.80	12.90	15.50
Girls 12-19 years.....	10.60	13.90	16.80
Boys 12-19 years.....	12.40	16.20	19.40

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: See Food and Home Notes, June 11, 1973, for more information about food plans and their costs.

ANYBODY FOR YOGURT?

What's the fastest growing fluid milk product? It's yogurt according to U.S. Department of Agriculture reports. Yogurt is the popular semisolid milk product made from whole or skim milk -- sometimes with fruit or other flavorings added. It is the fruit-form that is the favorite.

Plain yogurt has been around for a long time. But if you liked it, you were the exception to the rule. When fruit and other flavorings were added to yogurt, the situation changed. Now we have apricot yogurt, peach and blueberry yogurt, even boysenberry yogurt.

The fact is the "average" American now eats three times more yogurt than he did five years ago. Per capita consumption reached 1.4 pounds in 1972.

Lowfat milk has also made substantial gains in recent years -- to forty pounds per person in 1972. That's up 200 percent from five years ago. Gains in skim milk have been more moderate. Other fast-growing products in the past five years on a per capita basis are eggnog, sour cream and dips, and flavored milk and drinks.

But, per capita sales of whole milk continue to lead all other dairy products, despite the fact that it has dropped off somewhat. Most cream products also have shown a decline.

COMMENTS AND INQUIRIES TO:

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